# 2026 Short Course World Championship Trials

Westmont, IL

October 28 - 31

## Event 29

31 OCT 2026 - 10:24 AM

Women's 400m Individual Medley

Heats

### Start List

**Event Number 29**

| | Record | | Splits | | Name | NAT Code | Location | Date |
|---|---|---|---|---|---|---|---|---|
| **WR** | 4:15.48 | 57.23 | 2:00.97 | 3:16.34 | McINTOSH Summer | CAN | Budapest (HUN) | 14 DEC 2024 |
| **AR** | 4:20.14 | | | | GRIMES Katie | USA | Budapest (HUN) | 14 DEC 2024 |
| **US** | 4:24.15 | | | | MARGALIS Melanie | USA | Las Vegas (USA) | 20 DEC 2019 |

**Heat 1 of 1 Start time 10:24**

| Lane | Name | Club Code | Year of Birth | Entry Time | Time | Rank |
|---|---|---|---|---|---|---|
| 2 | GANNON Grace | FASTIN | ♦ 2012 | 4:46.25 | | |
| 3 | MULLINS Lainey | IA | 2005 | 4:46.79 | | |
| 4 | WALSH Alex | NYAC | 2001 | 4:27.12 | | |
| 5 | ODGERS Isabelle | SD | 2000 | 4:34.90 | | |
| 6 | LEE Adalyn | BREA | ♦ 2011 | 4:42.76 | | |
| 7 | HINEMAN Liliana | GM | ♦ 2009 | 4:50.16 | | |

**Legend:**

♦ Junior swimmer **AR** American Record **US** US Open Record **WR** World Record

Official Timekeeping by Omega



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